

Adult Care Center of the Northern Shenandoah Valley, Inc.

2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
9:00- 9:50		Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Coloring Book Day	Morning News Hour/ Participants Choice: Word search/Crossword National Watermelon Day	Morning News Hour/Participants Choice: Word search/Crossword Chocolate Chip Cookie Day
10:00- 10:50		100 Or Bust ^{S, C} Trivia ^{C, S}	Wheels of Fortune ^{S, C} Origami ^{S, C, Pr.}	Family Feud ^{C, S} Word Scramble ^{C, S}	Expressive of Art ^{S, C, Pr.} Bean Bag Toss ^{C, S, P}
11:00- 11:45		Crossword Puzzle ^{C, S} Penny Ante ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Word Charts ^{C, S} Target Toss ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}
12:00- 1:55		Lunch & Relaxation/ One on one projects Pr	Lunch & Relaxation/ One on one projects Pr	Lunch & Relaxation/ One on one projects Pr.	Lunch & Relaxation/ One on one projects Pr
2:00- 2:45		Regular Exercise ^{P, S} Cycling ^P	Crossword Puzzle ^C Shake the memory ^{C, S}	Regular Exercise P, S Cycling P, S	Jeopardy ^{C, S} Bingo ^{S, C}
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30- 4:00		Hedbanz ^{S, C} Pictionary ^{C, S}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Bowling Game ^{S. P} Spin Your Wheels ^{S. C}	Friday Frolic ^R One on one projects ^{Pr.}
4:00- 4:30		Round table talk ^{C, S, R} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Words of Wisdom ^{C, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	7	8	9	10	11
9:00- 9:50	Morning News Hour/ Participants Choice: Word search/Crossword Purple Heart Day	Morning News Hour/ Participants Choice: Word search/Crossword Happiness Happens Day	Morning News Hour/ Participants Choice: Word search/Crossword National Book Lovers Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Son's & Daughter's Day
10:00- 10:50	Music & Spirituality ^{S, C, Pr.} Connect 4 ^{S, C}	Chimes Pr., S, C Crossword Puzzle C, S.	Hangman ^{C, S} Art & Craft: Dream Catcher ^{S, C, Pr.}	100 Or Bust ^{S, C} Trivia ^{C, S}	Karaoke ^{C, Pr., S} One on one projects ^{Pr.}
11:00- 11:45	Best 10 ^{C, S} Life Story ^{S, C}	Regular Exercise P, S Cycling P, S	Regular Exercise ^{P, S} Cycling ^{P, S}	Ring Toss ^{C, S, P} Crossword Puzzle ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
12:00- 1:55	Lunch & Relaxation/ One on one projects Pr	Lunch & Relaxation/ One on one projects Pr	Lunch & Relaxation/ One on one projects Pr	Lunch & Relaxation/ One on one projects Pr	Lunch & Relaxation/ One on one projects Pr
2:00- 2:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Word Scramble ^{C, S} Book Club ^{S, C}	Word Charts ^{C, S} Table Game ^{S, C}	Regular Exercise P. S Cycling P. S	Drum Circle Pr., S, C Bowling Game S. P
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30- 4:00	Shake the memory ^{C, S} Trivia ^{C, S}	Bean Bag Toss ^{S, C} Pictionary ^{S, C}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Big Words & Small Words ^{C, S} Family Feud ^{C, S}	Friday Frolic R One on one projects Pr.
4:10- 4:30	Relaxing Conversation S, C One on one projects Pr.	Spin Your Wheels ^{S, C} One on one projects ^{Pr.}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Friday Frolic R One on one projects Pr.

	14	15	16	17	18
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:50	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword National Nonprofit Day	Choice: Word search/Crossword
10:00-	Drum Circle Pr., S, C	Word Charts ^{C, S}	Regular Exercise P, S	Hangman ^{C, S}	Jeopardy ^{C, S}
10:50	Shake the memory ^{C, S}	Coloring S, C, Pr.	Cycling P, S	Crossword Puzzle ^{C, S}	One on one projects Pr.
11:00-	Regular Exercise P, S	Bingo ^{C, S}	Origami ^{S, C, Pr.}	Regular Exercise P, S	Regular Exercise P, S
11:45	Cycling P, S	Target Toss C, S, P	A-Z ^{C, S}	Cycling P, S	Cycling P, S
12:00-	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/
1:55	One on one projects Pr	One on one projects Pr	One on one projects Pr	One on one projects Pr	One on one projects Pr
2:00- 2:45	Bean Bag Toss ^{C, S, P} Hedbanz ^{S, C}	Regular Exercise P, S Cycling P, S	Bingo ^{S. C} Target Toss ^{C. S. P}	100 Or Bust ^{S, C} Finish that Lyrics ^{S, Pr.}	Expressive of Art ^{S, C, Pr.} Best 10 ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-	Trivia ^{C, S}	Family Feud C, S	Midweek Movie Matinee R	Connect 4 S, C	Friday Frolic R
4:00	Spin Your Wheels S, C	Story Writing S, C	One on one projects Pr.	Bowling Game S, Pr.	One on one projects Pr.
4:10-	Raise Up Hand S, C	Relaxing Conversation C, S	Midweek Movie Matinee R	Relaxing Piano Music R, S	Friday Frolic R
4:30	One on one projects Pr.	One on one projects Pr.	One on one projects ^{Pr.}	One on one projects Pr.	One on one projects Pr.
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			23	24	25
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:50	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants
9:50 10:00-	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day Hedbanz S, C Trivia C, S Family Feud C, S	Morning News Hour/ Participants Choice: Word search/Crossword Hangman ^{C, S} 100 Or Bust ^{S, C} Crossword Puzzle ^{C, S}	Morning News Hour/ Participants Choice: Word search/Crossword Wheels of Fortune S, C Art & Craft: Yarn Butterfly S, C, Pr. Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P. S Cycling P. S Crossword Puzzle C, S	Morning News Hour/ Participants Choice: Word search/Crossword Expressive of Art S, C, Pr. Ring Toss C, S, P Regular Exercise P, S
9:50 10:00- 10:50	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day Hedbanz S. C Trivia C. S	Morning News Hour/ Participants Choice: Word search/Crossword Hangman C, S 100 Or Bust S, C Crossword Puzzle C, S Lawn Darts C, P, S	Morning News Hour/ Participants Choice: Word search/Crossword Wheels of Fortune S, C Art & Craft: Yarn Butterfly S, C, Pr.	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P.S Cycling P.S	Morning News Hour/ Participants Choice: Word search/Crossword Expressive of Art S, C, Pr. Ring Toss C, S, P Regular Exercise P, S Cycling P, S
9:50 10:00- 10:50 11:00- 11:45 12:00-	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day Hedbanz S. C Trivia C. S Family Feud C. S Target Toss C. S. P Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Hangman C, S 100 Or Bust S, C Crossword Puzzle C, S Lawn Darts C, P, S Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Wheels of Fortune S, C Art & Craft: Yarn Butterfly S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P.S Cycling P.S Crossword Puzzle C.S Penny Ante C.S Lunch & Relaxation/	Morning News Hour/ Participants Choice: Word search/Crossword Expressive of Art S, C, Pr. Ring Toss C, S, P Regular Exercise P, S Cycling P, S Lunch & Relaxation/
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day Hedbanz S. C Trivia C. S Family Feud C. S Target Toss C. S. P Lunch & Relaxation/ One on one projects Pr	Morning News Hour/ Participants Choice: Word search/Crossword Hangman C, S 100 Or Bust S, C Crossword Puzzle C, S Lawn Darts C, P, S Lunch & Relaxation/ One on one projects Pr	Morning News Hour/ Participants Choice: Word search/Crossword Wheels of Fortune S, C Art & Craft: Yarn Butterfly S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P. S Cycling P. S Cycling P. S Penny Ante C, S Penny Ante C, S Lunch & Relaxation/ One on one projects Pr	Morning News Hour/ Participants Choice: Word search/Crossword Expressive of Art S. C. Pr. Ring Toss C. S. P Regular Exercise P. S Cycling P. S Lunch & Relaxation/ One on one projects Pr
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00-	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day Hedbanz S, C Trivia C, S Family Feud C, S Target Toss C, S, P Lunch & Relaxation/ One on one projects Pr Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword Hangman C, S 100 Or Bust S, C Crossword Puzzle C, S Lawn Darts C, P, S Lunch & Relaxation/ One on one projects Pr Regular Exercise P, S	Morning News Hour/ Participants Choice: Word search/Crossword Wheels of Fortune S, C Art & Craft: Yarn Butterfly S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Crossword Puzzle C	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P.S Cycling P.S Crossword Puzzle C.S Penny Ante C.S Lunch & Relaxation/ One on one projects Pr Trivia C.S	Morning News Hour/ Participants Choice: Word search/Crossword Expressive of Art S. C. Pr. Ring Toss C. S. P Regular Exercise P. S Cycling P. S Lunch & Relaxation/ One on one projects Pr Drum Circle Pr., S. C
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day Hedbanz S. C Trivia C. S Family Feud C. S Target Toss C. S. P Lunch & Relaxation/ One on one projects Pr	Morning News Hour/ Participants Choice: Word search/Crossword Hangman C, S 100 Or Bust S, C Crossword Puzzle C, S Lawn Darts C, P, S Lunch & Relaxation/ One on one projects Pr	Morning News Hour/ Participants Choice: Word search/Crossword Wheels of Fortune S, C Art & Craft: Yarn Butterfly S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P. S Cycling P. S Cycling P. S Penny Ante C, S Penny Ante C, S Lunch & Relaxation/ One on one projects Pr	Morning News Hour/ Participants Choice: Word search/Crossword Expressive of Art S, C, Pr. Ring Toss C, S, P Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr
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9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30-	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day Hedbanz S, C Trivia C, S Family Feud C, S Target Toss C, S, P Lunch & Relaxation/ One on one projects Pr Regular Exercise P, S Cycling P, S Refreshments Big Words & Small Words C, S	Morning News Hour/ Participants Choice: Word search/Crossword Hangman C, S 100 Or Bust S, C Crossword Puzzle C, S Lawn Darts C, P, S Lunch & Relaxation/ One on one projects Pr Regular Exercise P, S Cycling P, S Refreshments Word Scramble C, S	Morning News Hour/ Participants Choice: Word search/Crossword Wheels of Fortune S, C Art & Craft: Yarn Butterfly S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Crossword Puzzle C Pictionary S, C Refreshments Midweek Movie Matinee R	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Crossword Puzzle C, S Penny Ante C, S Penny Ante C, S Lunch & Relaxation/ One on one projects Pr Trivia C, S Life Story S, C Refreshments Best 10 C, S	Morning News Hour/ Participants Choice: Word search/Crossword Expressive of Art S, C, Pr. Ring Toss C, S, P Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Drum Circle Pr., S, C Raise up Hand S, C Refreshments Friday Frolic R
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9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day Hedbanz S. C Trivia C. S Family Feud C. S Target Toss C. S. P Lunch & Relaxation/ One on one projects Pr Regular Exercise P. S Cycling P. S Refreshments Big Words & Small Words C. S Raise Up Hand C. S Relaxing Conversation C. S	Morning News Hour/ Participants Choice: Word search/Crossword Hangman C, S 100 Or Bust S, C Crossword Puzzle C, S Lawn Darts C, P, S Lunch & Relaxation/ One on one projects Pr Regular Exercise P, S Cycling P, S Cycling P, S Word Scramble C, S Words of Wisdom C, S Book Club S, C	Morning News Hour/ Participants Choice: Word search/Crossword Wheels of Fortune S, C Art & Craft: Yarn Butterfly S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Crossword Puzzle C Pictionary S, C Refreshments Midweek Movie Matinee R One on one projects Pr Midweek Movie Matinee R	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Cycling P, S Crossword Puzzle C, S Penny Ante C, S Lunch & Relaxation/ One on one projects Pr Trivia C, S Life Story S, C Refreshments Best 10 C, S Bowling Game S, C Relaxing Piano Music R, S	Morning News Hour/ Participants Choice: Word search/Crossword Expressive of Art S, C, Pr. Ring Toss C, S, P Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Drum Circle Pr., S, C Raise up Hand S, C Refreshments Friday Frolic R One on one projects Pr Friday Frolic R
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day Hedbanz S. C Trivia C. S Family Feud C. S Target Toss C. S. P Lunch & Relaxation/ One on one projects Pr Regular Exercise P. S Cycling P. S Refreshments Big Words & Small Words C. S Raise Up Hand C. S	Morning News Hour/ Participants Choice: Word search/Crossword Hangman C, S 100 Or Bust S, C Crossword Puzzle C, S Lawn Darts C, P, S Lunch & Relaxation/ One on one projects Pr Regular Exercise P, S Cycling P, S Refreshments Word Scramble C, S Words of Wisdom C, S	Morning News Hour/ Participants Choice: Word search/Crossword Wheels of Fortune S, C Art & Craft: Yarn Butterfly S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Crossword Puzzle C Pictionary S, C Refreshments Midweek Movie Matinee R One on one projects Pr	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Cycling P, S Crossword Puzzle C, S Penny Ante C, S Penny Ante C, S Lunch & Relaxation/ One on one projects Pr Trivia C, S Life Story S, C Refreshments Best 10 C, S Bowling Game S, C	Morning News Hour/ Participants Choice: Word search/Crossword Expressive of Art S, C, Pr. Ring Toss C, S, P Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Drum Circle Pr., S, C Raise up Hand S, C Refreshments Friday Frolic R One on one projects Pr
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day Hedbanz S. C Trivia C. S Family Feud C. S Target Toss C. S. P Lunch & Relaxation/ One on one projects Pr Regular Exercise P. S Cycling P. S Refreshments Big Words & Small Words C. S Raise Up Hand C. S Relaxing Conversation C. S	Morning News Hour/ Participants Choice: Word search/Crossword Hangman C, S 100 Or Bust S, C Crossword Puzzle C, S Lawn Darts C, P, S Lunch & Relaxation/ One on one projects Pr Regular Exercise P, S Cycling P, S Cycling P, S Word Scramble C, S Words of Wisdom C, S Book Club S, C	Morning News Hour/ Participants Choice: Word search/Crossword Wheels of Fortune S, C Art & Craft: Yarn Butterfly S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Crossword Puzzle C Pictionary S, C Refreshments Midweek Movie Matinee R One on one projects Pr Midweek Movie Matinee R	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Cycling P, S Crossword Puzzle C, S Penny Ante C, S Lunch & Relaxation/ One on one projects Pr Trivia C, S Life Story S, C Refreshments Best 10 C, S Bowling Game S, C Relaxing Piano Music R, S	Morning News Hour/ Participants Choice: Word search/Crossword Expressive of Art S, C, Pr. Ring Toss C, S, P Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Drum Circle Pr., S, C Raise up Hand S, C Refreshments Friday Frolic R One on one projects Pr Friday Frolic R
9:50 10:00- 10:50 11:00- 11:45 12:00- 1:55 2:00- 2:45 3:00 3:30- 4:00	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day Hedbanz S. C Trivia C. S Family Feud C. S Target Toss C. S. P Lunch & Relaxation/ One on one projects Pr Regular Exercise P. S Cycling P. S Refreshments Big Words & Small Words C. S Raise Up Hand C. S Relaxing Conversation C. S	Morning News Hour/ Participants Choice: Word search/Crossword Hangman C, S 100 Or Bust S, C Crossword Puzzle C, S Lawn Darts C, P, S Lunch & Relaxation/ One on one projects Pr Regular Exercise P, S Cycling P, S Cycling P, S Word Scramble C, S Words of Wisdom C, S Book Club S, C	Morning News Hour/ Participants Choice: Word search/Crossword Wheels of Fortune S, C Art & Craft: Yarn Butterfly S, C, Pr. Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Crossword Puzzle C Pictionary S, C Refreshments Midweek Movie Matinee R One on one projects Pr Midweek Movie Matinee R	Morning News Hour/ Participants Choice: Word search/Crossword Regular Exercise P, S Cycling P, S Cycling P, S Crossword Puzzle C, S Penny Ante C, S Lunch & Relaxation/ One on one projects Pr Trivia C, S Life Story S, C Refreshments Best 10 C, S Bowling Game S, C Relaxing Piano Music R, S	Morning News Hour/ Participants Choice: Word search/Crossword Expressive of Art S, C, Pr. Ring Toss C, S, P Regular Exercise P, S Cycling P, S Lunch & Relaxation/ One on one projects Pr Drum Circle Pr., S, C Raise up Hand S, C Refreshments Friday Frolic R One on one projects Pr Friday Frolic R

	28	29	30	31	
9:00-	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	Morning News Hour/ Participants	
9:50	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	Choice: Word search/Crossword	
		200	National Beach Day		
10:00-	Regular Exercise P, S	Chimes Pr., S, C	Hangman ^{C, S}	Price is Right C, S	
10:50	Cycling P, S	Crossword Puzzle ^{C, S.}	Name That Tune S, Pr.	One on one projects Pr.	
11:00-	Hangman ^{C, S}	Bingo ^{C, S}	Regular Exercise P, S	Regular Exercise P, S	
11:45	Penny Ante C, S	Expressive of Art S, C, Pr.	Cycling P, S	Cycling P, S	
12:00-	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	Lunch & Relaxation/	
1:55	One on one projects Pr	One on one projects Pr	One on one projects Pr	One on one projects Pr	
2:00-	Best 10 C, S	Regular Exercise P, S	Trivia ^{C, S}	Word Charts C, S	
2:45	Hedbanz S, C	Cycling P, S	Wheels of Fortune S, C	Family Feud C, S	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-	Lawn Darts C, P, S	Big Words & Small Words C, S	Midweek Movie Matinee R	Bowling Game S, C	
4:00	Pictionary ^{C, S}	Words of Wisdom ^{C, S}	One on one projects Pr.	Spin Your Wheels S, C	
4:10-	Round table talk ^{C, S, R}	Relaxing Conversation C, S	Midweek Movie Matinee R	Relaxing Piano Music R, S	
4:30	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	One on one projects Pr.	

^{*}Alternative activities will be offered as requested

August is...

- International Peace Month
- National Dog Month
- National Wellness Month

- National Sandwich Month
- Happiness Happens Month
- National Back to School Month

Personal Workshop

Jigsaw Puzzles

Crossword/Word Search

Reminisce

Coloring

Indoor/Outdoor Walks (depending on temperature)

Music & Memory

Offered throughout the day to ensure person centered care

Exercise & Wellness Groups:

2 choices are offered to participants daily

Upper Body: Weight lifting Medicine Balls

Theraband Hand Grippers

Wellness (Mind & Body): Chair Yoga Core Focus: Chair Pilates

Lower Extremity: Virtual Cycling Club

Active ROM: Parachute

Fun band

Armchair Exercise